

More COLOURS less beige

Breakfast	Lunch	Dinner
Mixed berries with plain yoghurt, nuts and seeds Optional + handful of oats   	Fresh Greek salad (cucumber, tomato, olives, red onion, feta, olive oil) Add fruit  	Vege boil up: pork bones, puha, carrot, kamokamo, pumpkin, spring onion, kumara, silverbeet. 
Omelette with spinach and greens Add fruit  	"Quick Lunch" – supermarket salad with chicken leg/can OR tuna Add fruit    	Vege stuffed roast chicken with roast veges:  
Mushrooms, spinach, tomatoes, Avocado and cottage cheese Optional + Slice of bread      	Raw energy salad - grated beetroot and carrot, pumpkin seeds, olive oil, balsamic, raisins, mint. Add fruit  	Fish head soup: fish head, onion, carrot, celery, parsley, garlic, canned tomatoes, vinegar, tomato puree 
Puha smoothie (1/2 avocado, ½ frozen banana, ¼ apple, handful of puha, a few ice cubes, water to blend) 	Cabbage slaw (red cabbage, carrot, spring onion, herbs, olive oil) with hardboiled egg and dry toasted peanuts Add fruit    	Whole baked fish: 